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## Adolescent Girl Changing My Pad Version 1.0

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[www.visualaidsforlearning.com](http://www.visualaidsforlearning.com)

### How to make your booklet

1. Print this document (we recommend using 180—200 gsm matt card)
2. Cut each card in half using the grey lines as a guide if you want a smaller booklet.
3. Place the visuals in the correct page order as numbered on the bottom right corner
4. Staple or ring bind the pages together.

### Tips

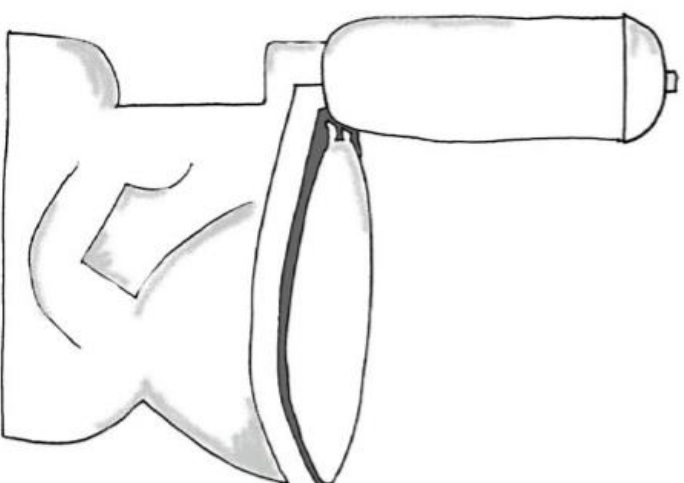
1. For greater durability consider laminating the cards before binding together.

### Copyright and allowable uses

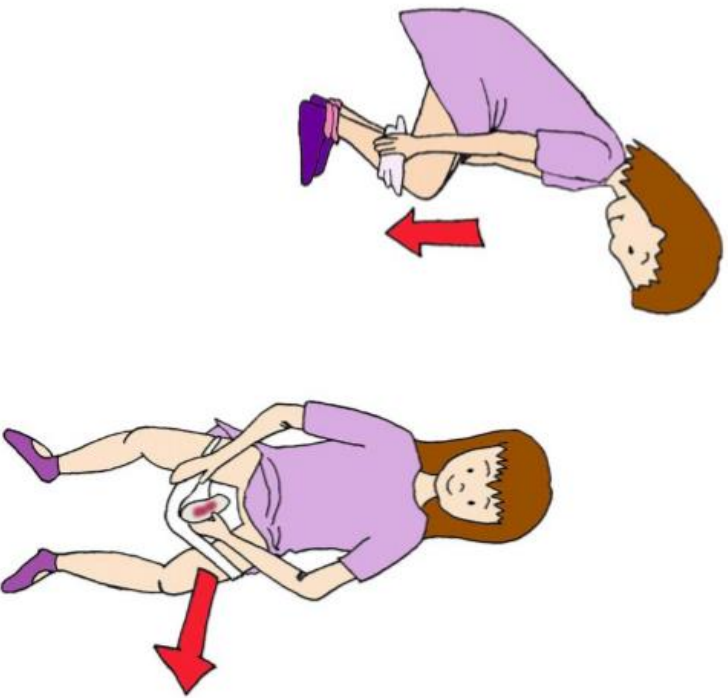
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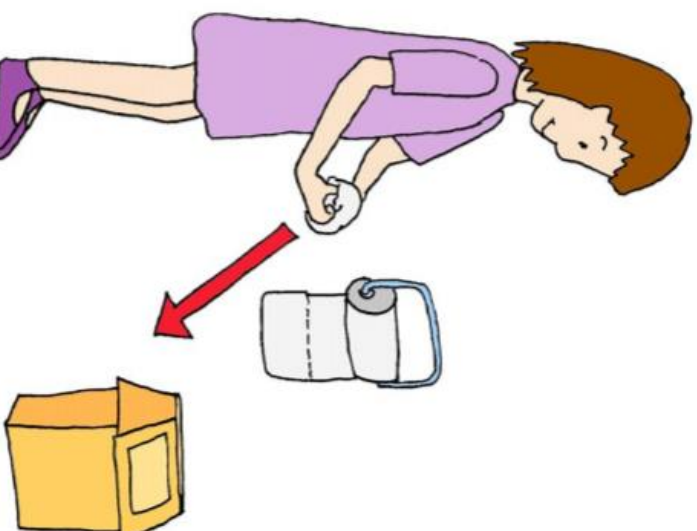
# Changing My pad



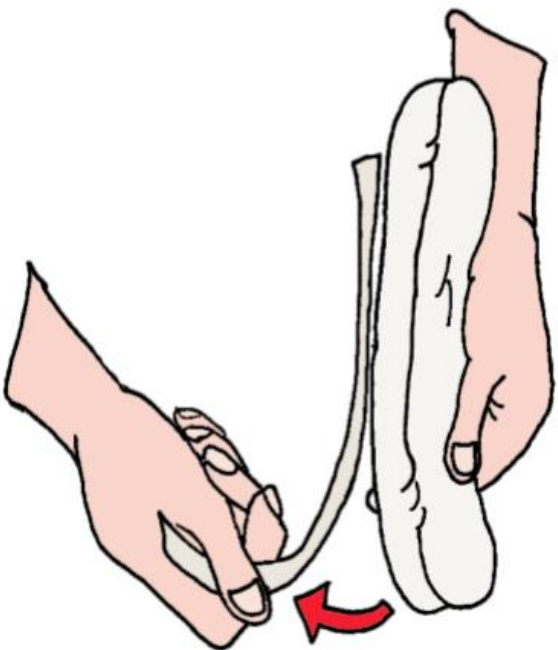
Go to the toilet.



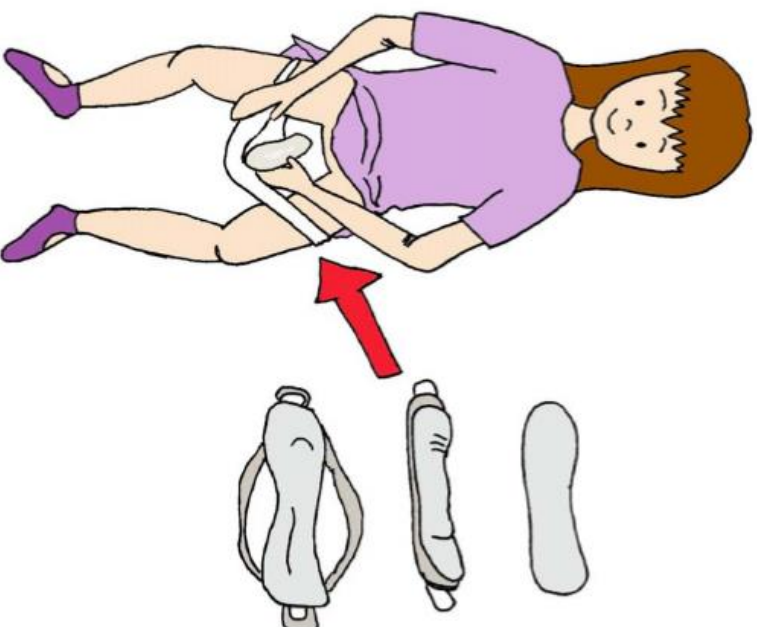
**Underwear down.  
Take old pad out..**



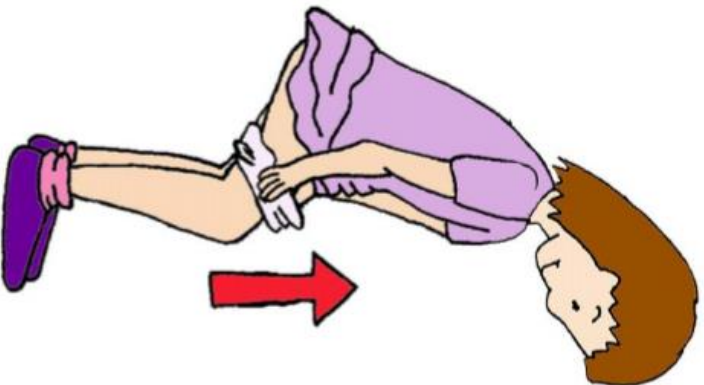
**Wrap old pad in toilet paper.  
Put old pad in bin.**



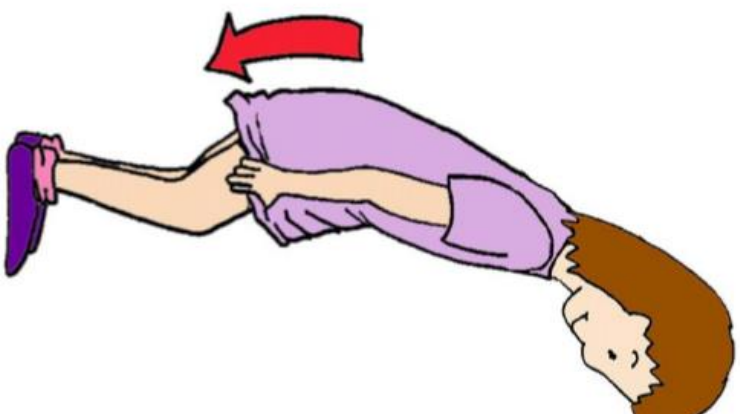
Get a clean pad.  
Pull the sticky back off.



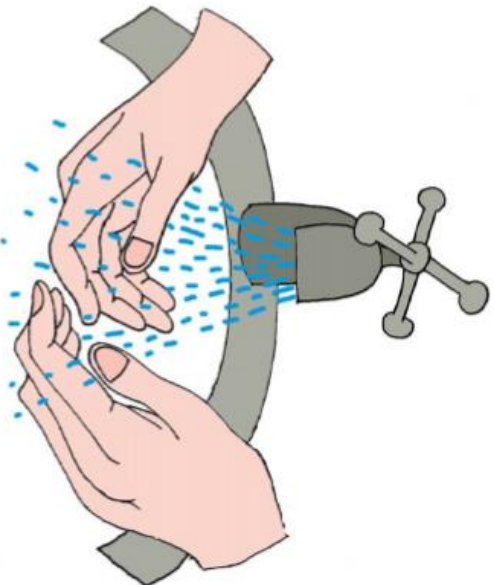
Stick pad in your underwear.  
Sticky side down on pants.



**Pull underwear up.**



**Fix your clothes  
(e.g. pull dress down).**



**Wash hands.**